

CHOCOLATE SOUFFLÉ WITH CARAMEL SAUCE

Preparation time: 20 minutes
Cooking time: 10-15 minutes
Use: 6 x 6cm (2 1/2 in) ramekins
Serves: 6

- 1 teaspoon unsalted butter
- 1 tablespoon caster sugar
- 1 tablespoon cocoa powder

SOUFFLE

- 100g (4oz) dark chocolate, minimum 60% cocoa solids, broken into pieces
- 60g (2 1/2 oz) cocoa powder
- 8 egg whites
- 60g (2 1/2 oz) caster sugar

CARAMEL SAUCE

- 100g (3 1/2 oz) caramel-filled chocolate, broken into pieces
- 1 tablespoon thick cream

Preheat the oven to 190°C/375°F/gas mark 5.

To prepare the ramekins, melt the butter and brush the insides of the ramekins. Mix the sugar with the cocoa and sprinkle into each ramekin until coated, shaking out any excess. Set aside.

Melt the chocolate in a heatproof bowl suspended over a saucepan of barely simmering water.

Mix the cocoa with 150ml (1/2 pint) of cold water in a saucepan then bring to the boil whisking continuously. Boil for 10 seconds. Transfer the cocoa mixture to a mixing bowl and mix with the melted chocolate.

Prepare the Caramel Sauce so that it will be ready when you serve the soufflé. Place the chocolate and the cream in a heatproof bowl suspended over a saucepan of barely simmering water. Stir before serving.

Continue with the soufflés by whisking the egg whites until soft peaks form. Add the sugar and continue whisking until stiff peaks form. Add one-quarter of the egg white to the cocoa mixture and whisk until thoroughly blended. Gently fold in the remaining egg white using a metal spoon to cut through the egg white as you fold so that you do not knock the air out of it.

Fill each prepared ramekin to the rim with the soufflé mixture and, using a palette knife, level off the surface. Run your thumb around the rim of each ramekin, pushing away the soufflé mixture, so that it does not stick to the edge and will rise evenly.

Bake the soufflés for about 10–15 minutes. Remove from the oven and pour a little Caramel Sauce over each soufflé and serve immediately.



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